

# **The Bella Romero Academy**

## **Athletic Handbook 2018-2019**



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## Welcome

Thank you for your involvement in athletic programs at Bella Romero Academy. Our vision is that all students will graduate high school and fulfill their dreams. Athletic participation provides students with unique opportunities and experiences that will directly support this vision. This handbook is intended to clarify how Bella's Family Values can be reinforced in the area of athletics. Your involvement makes Bella's family stronger and I sincerely appreciate your commitment.

Sincerely,

*Jon Cooney* Principal, Bella Romero Academy K-8

*Lindsay Gentle* Assistant Principal, Bella Romero K-8

*Jenny Henriksen* Dean of Culture, Bella Romero Academy K-8

## Philosophy

We believe student involvement in athletics and activities will increase achievement in academics and enhance development of non-cognitive skills (e.g. persistence, responsibility, social awareness, self-control), thereby further solidifying each student athlete's path toward high school graduation. Successful participation in athletics and activities demands that students adhere to Bella's Family Values of Consistent Attendance, Positive Behavior, and Excellent Achievement. The demanding and feedback-rich nature of athletics provides students with valuable experiences and opportunities for learning and growth.

Our philosophy is not that we are preparing students for success in high school athletics, but rather that we are preparing them to be successful in pursuing whatever dreams they may have, within athletics or in other areas.

## Athletic Offerings

Fall Sports:

- 6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> Grade Tackle Football
- 6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> Grade Volleyball
- 6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> Grade Cross Country

Winter Sports

- 6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> Grade Boys Basketball
- 6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> Grade Wrestling
- 6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> Grade Girls Basketball

## Spring Sports

- 6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> Grade Track
- 6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> Grade Girls Soccer
- 6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> Grade Boys Soccer

### Fees

- All other sports: \$35 registration fee (Fee waived for students receiving free/reduced lunch.)

### Equipment/Uniforms

- Uniforms and equipment are provided by the school/district/city as part of the registration agreement with some exceptions. The following outlines what is school provided.

<b>Sport</b>	<b>What is school provided?</b>	<b>What do I need?</b>
Football	Jersey (\$25), pants (\$35), pads (\$90), helmet (\$120), bag (\$30)	Mouthpiece, cleats, water bottle, gloves (optional)
Cross Country	Jersey (\$25), shorts (\$20)	Shoes, water bottle
Volleyball	Jersey (\$25), bag (\$30)	Kneepads, volleyball shorts, water bottle, shoes
Basketball	Jersey (\$25), shorts (\$20), bag (\$30)	Black shorts, water bottle, shoes
Wrestling	Singlet (\$25), bag (\$30)	Head gear, wrestling shoes, water bottle
Soccer	Jersey (\$25)	Black shorts, shin guards, water bottle, cleats
Track	Jersey(\$25), bag (\$30)	Black shorts, water bottle, shoes

- Uniforms/Equipment not returned at the end of the year will be charged fee in parenthesis above.
- Student-athletes must use the provided uniforms/equipment unless an exception is approved by school administration.

## **Governing Bodies**

Bella Romero Academy is a member of Weld County School District 6. Participants in athletics are held accountable to the policies and guidelines set forth by the school district and the Board of Education bylaws. Selected sports are co-sponsored by the City of Greeley Recreation Department. In those situations, the policies and guidelines of that department are also applicable to all participants.

### *Ejections*

If a student is ejected from a contest for unsportsmanlike conduct, he/she will be ineligible for the next scheduled match (or 2) or contest played at that level including qualifying and state contests. The student may not participate in any contests at any other level during this period. For the season, the student will be permitted to compete in one (or two) fewer contest than the maximum allowed each participant in the sport. A second ejection during the season shall result in a 2 (or three) contest.

## **Expectations of Coaches**

Coaches are expected to embody the “Academy Way” throughout the season.

- We care about one another as individuals (value the person over the work).
  - Coaches don't attach an athlete's talent or competence to the degree of attention they receive from the coach. All athletes feel valued and respected.
- We have an attitude of relentless positivity.
  - Coaches NEVER use profanity in the presence of student-athletes or parents.
  - Coaches focus on praising athletes' effort and development during practices and games, regardless of outcomes/scores/wins/losses.
  - Coaches find celebrations within each practice/game and highlight those.
  - Coaches frame negatives as temporary, constantly expressing that we believe in the athletes and that things will get better because of the work that will be done.
  - Coaches avoid blaming or chastising officials.
- We set and work toward unrealistic expectations.
  - Coaches set and work towards lofty goals that relate to the journey, not the outcome (i.e. not to go undefeated, not to “win this game”).
- We give exceptional effort and consistently do more than is expected.
  - Coaches are on time/early to practices and games. Coaches are prepared for each session and are actively giving feedback to athletes throughout each session.
- We believe in collaboration (with coaches, parents, athletes) and we work together to increase our collective knowledge and continue to grow in our abilities.
  - Coaches are learners in relation to the sport being coached. They attend clinics, talk to coaching colleagues, and continually look to improve in their approach.
  - Coaches collaborate with parents, athletes, and teachers to provide to most support for the athletes.

Detailed expectations are listed below:

- Complete all the necessary paperwork with Jenny to be cleared for coaching.
- Complete the online concussion training course prior to the first practice of the season (we care about the athletes' health).
- Determine (and communicate) practice days/times prior to the conclusion of the registration process. Provide a draft schedule to students during registration.
- Ensure that any additional assistant coaches or volunteers have read the entire athletic handbook and understand the contents.
- Participate in a pre-season meeting between the coach and the athletic director and then a meeting will be held between the head coach and all other coaches.
- At the conclusion of each season, the athletic director and head coach will have a post season meeting.
- Allow only student-athletes that have successfully completed registration processes to practice/compete.
- Hold a parent meeting that takes place no later than the end of the first 2 weeks of practices. Plan for interpreters for all native languages represented on the team. Hand out a game/competition schedule at this meeting (send home for those without a parent in attendance).
- Collect signed parent letters for all athletes prior to the first game/competition.
- Plan practices that maximize continuous engagement of every athlete and minimize time spent waiting in lines or waiting for a turn.
- Ensure that all eligible student-athletes receive a reasonable portion of playing time in games/competitions.
- Honor student-athlete eligibility guidelines and communicate any ineligibility situations by the end of the day prior to the related game/competition.
- Supervise students after practices/games until a parent/guardian arrives to transport the student (i.e. unless another school employee takes on the supervision).

### **Transportation**

- Coaches will communicate with parents regarding transportation plans specific to each sport.
- 7<sup>th</sup>/8<sup>th</sup> grade Varsity/Jr Varsity have transportation to the event, but must be picked up from the competition. Parents provide all transportation for all other sports. Coaches should not provide rides to student-athletes.

## Practice & Game Pick-up

Students need to be picked up no later than 15 minutes after the practice and/or game has concluded. The following procedures will be put into place if a student is here after 15 minutes.

- 1st Offence: Warning from the coach to the athlete and a reminder slip.
- 2nd Offence: Coach talks to the parent to about pick-up procedures.
- 3rd Offence: Dean of Culture will contact parent and will partner to create a pick-up plan.

Parent/Athlete Letter

August 26th, 2017

Dear Parent/Guardian:

Thank you for your involvement in athletic programs at Bella Romero Academy. Our vision is that all students will graduate high school and fulfill their dreams. Athletic participation provides students with unique opportunities and experiences that will directly support this vision. This handbook is intended to clarify how Bella's Family Values can be reinforced in the area of athletics. Your involvement makes Bella's family stronger and I sincerely appreciate your commitment.

Our philosophy at Bella Romero Academy is that student involvement in athletics and activities will increase achievement in academics and enhance development of non-cognitive skills (e.g. persistence, responsibility, social awareness, etc.), thereby further solidifying each student athlete's path toward high school graduation. Successful participation in athletics and activities demands that students adhere to Bella's Family Values of Consistent Attendance, Positive Behavior, and Excellent Achievement. The demanding and feedback-rich nature of athletics provides students with valuable experiences and opportunities for learning and growth.

Our philosophy is not that we are preparing students for success in high school athletics (although that will be a likely outcome), but rather that we are preparing them to be successful in pursuing whatever dreams they may have, within athletics or in other areas. Please take some time to read the attached Athletic Guidelines. Feel free to contact the school if you have any questions or concerns about the contents. Once you understand and are comfortable with the guidelines, please sign the paper – along with your student-athlete, and then return it to the coach at Bella Romero Academy.

Sincerely,

*Jon Cooney* Principal, Bella Romero Academy K-8

*Lindsay Gentle Assistant* Principal, Bella Romero K-8

*Jenny Hensiksen* Dean of Culture, Bella Romero Academy K-8



# Athletic Guidelines

## Standards for Participation

In order to participate, a student-athlete must:

- complete the full registration process by the assigned deadline in order to participate in a sport, including physical for all 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> graders.
- attend every practice during the school-week unless prearranged between parent and coach via email or phone call (Consistent Attendance).
- attend school on the day of the competition/game (Consistent Attendance).

A student-athlete may not participate if:

- he/she served in-school or out-of- school suspension on any given day(s) during the school week of the competition/game (the prior M-F if a Saturday contest). (Positive Behavior)
  - He/she may compete the next week if meeting all restorative requirements and having zero behavior incidences that following week.
- he/she has consistently failed to complete homework. (Excellent Achievement)
  - He/she may compete the next week if missing assignments are completed to a level deemed satisfactory by the teacher in the course(s).
- he/she does not demonstrate the non-cognitives (persistence, social awareness, self-control, responsibility) as measured by earning a "2" or lower of a non-cognitive skill for more than one marking period/week. (Positive Behavior)
  - He/she may compete the next week if earning "3" or higher on all non-cognitive skills every day of the ensuing week (i.e. daily rating by each teacher).
- he/she is directly insubordinate or disrespectful to teachers, coaches, and/or teammates (as determined by the coach). (Positive Behavior)
- he/she has an unexcused absence during the week of competition. (Consistent Attendance)

If a student-athlete is deemed ineligible for competition, **the head coach will contact the parent(s)/guardian(s) by the end of the day prior to the competition.** Exceptions may include incidents that occur on the day of the competition, absence of a functioning contact phone number on file at the school, etc.

## Levels of Play/Playing Time

- Each of the sports offered is played at different levels of competition.
  - 8<sup>th</sup> grade: Varsity, Jr Varsity, C team if needed
  - 7<sup>th</sup> grade: Varsity, Jr Varsity, C team if needed
  - 6<sup>th</sup> grade: There is one level of competition.

- 6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> combined teams: Varsity, Jr Varsity
- All athletes that meet the “Standards for Participation” by demonstrating the Family Values (e.g. academic progress, attendance at school and practice, behavior at school and practice) will have playing time in the competitions/games.
- Playing time will not always be equal. Distribution of playing time will be decided by the coaches based on a large number of factors.

### **Expectations of Parents**

- Ensure that your student-athlete attends all practices/games. All absences must be pre arranged via phone call or personal contact with head coach.
- Turn in all items required for registration on time.
- Attend the Parent Meeting (day/time/place designated by coach). Must meet with coach before student participates in competition.
- Read and sign the Parent Letter and turn it in to the coach prior to the first game/competition.
- Be on time to drop off and/or pick up your student-athlete.
  - Note: Repeated instances of late pick-up or early pick-up may result in the student-athlete being dismissed from the team.
- Do not coach (e.g. shout instructions) your student or other students during practices or games.
- All practices are closed unless prior communication with the coach.
- Do not openly criticize student-athletes, coaches, or officials during games/competitions.
- If you have questions or concerns, please follow the following chain of communication:
  - Discuss your question/concern directly with the coach at a time when other students/parents are not present (i.e. ask to set up a time to talk).
    - Do not approach coaches during or after an event with a concern. Please wait 24 hours to allow all parties to take some time and a personal meeting will take place to address issues.
  - If your question/concern needs further attention, discuss it with school administration.

### **Expectations of Athletes**

#### Consistent Attendance

- Attend school every day, be early/on time, stay the entire day.
- Attend every practice, be early/on time, stay the entire session.
- Attend every game/competition, be early/on time, stay for the whole time.

#### Positive Behavior

- Show respect to your teachers, classmates, and other school staff members. Express frustrations without arguing.
- Show respect to your coaches, your teammates, the opposing team, and the officials. Express frustrations without arguing or physical outbursts. No profanity in practices/games.

- Have a persistent attitude – working harder when something doesn't go your way rather than giving up or blaming others.

Excellent Achievement

- Complete assignments in school and turn them in on time (including homework). Do high quality work in the classroom.
- Execute in practice by focusing your energy on doing great work in each drill/activity. Know the goal of each drill/activity and work to improve in relation to that goal during that session.
- Execute in games by applying the skills/concepts learned in practice. Learn from mistakes rather than letting frustration affect your effort level.

Our signatures below indicate that we have read and will abide by these guidelines:

Parent/Guardian Name (printed): \_\_\_\_\_

Signature: \_\_\_\_\_ Date \_\_\_\_\_

Student-Athlete Name (printed): \_\_\_\_\_

Signature: \_\_\_\_\_ Date \_\_\_\_\_